

# Asthma Resource Guide

This resource guide is intended to help connect Hoosiers with resources to learn more about asthma and the asthma services available in the community. This resource guide is not intended to provide medical advice. **If you are currently having a medical emergency or difficulty breathing, please call your doctor or 9-1-1.**

The resources are divided into seven sections and are listed alphabetically within each section. Below is a list of the seven sections and a brief description of what can be found in each section. Press and hold the control key and click on the section title to be directed to the first page of the section.

<b>General Information on Asthma</b> .....	2
National organizations and Web sites that provide information on common asthma symptoms, triggers, and treatments.	
<b>Toll Free Numbers for Asthma Questions</b> .....	6
Toll free numbers for asthma questions, as well as other services that may help with asthma management (smoking cessation, medication assistance, etc.).	
<b>Local Asthma Programs and Resources</b> .....	8
Local asthma programs, support groups, and camps.	
<b>Environmental Components of Asthma</b> .....	12
Organizations and tools to help learn about indoor and outdoor asthma triggers.	
<b>Asthma Activities for Children</b> .....	15
Web sites and activities to help children learn about asthma.	
<b>Health Insurance</b> .....	17
State health insurance programs and plans (Medicaid/Hoosier Healthwise and the Healthy Indiana Plan).	
<b>Asthma Care Providers</b> .....	19
Information for finding an asthma provider in your area, as well as lists of Indiana hospitals and Local Health Departments.	

## General Information on Asthma

### **Allergy & Asthma Network Mothers of Asthmatics (AANMA)**

2751 Prosperity Ave., Suite 150

Fairfax, VA 22031

P: (800) 878-4403

[www.aanma.org/](http://www.aanma.org/)

Services: Provides consumer and physician information, educational resources, research information, etc.

### **American Academy of Allergy Asthma & Immunology (AAAAI)**

555 East Wells Street

Suite 1100

Milwaukee, WI 53202-3823

P: (414) 272-6071

Physician Referral Line: (800) 822-2762

Hours: Monday - Friday, 8AM - 5PM, Central

[www.aaaai.org/](http://www.aaaai.org/)

Services: Provides useful patient information, professional education and physician referral services. To find an allergist in your area, visit the Web site or call the Patient Information and Physician Referral Line. Note: The AAAAI cannot answer individual questions relating to the diagnosis or treatment of allergies and asthma.

### **American Lung Association (ALA) - National Headquarters**

61 Broadway, 6th Floor

NY, NY 10006

P: (212) 315-8700

[www.lungusa.org/](http://www.lungusa.org/)

Services: General information on lung diseases and risk factors (such as air quality, asthma, tobacco control, environmental health, COPD and influenza) and programs offered by the ALA.

\*\*\*To speak with a lung health professional, call the American Lung Association Lung HelpLine at 1-800-548-8252. The Call Center is staffed by Registered Nurses and Registered Respiratory Therapists. Hours: Monday - Friday, 7AM – 7PM, Central

**American Lung Association of Indiana (ALA-I)**

Indianapolis Office  
115 West Washington Street  
Suite 1180 South  
Indianapolis, IN 46204  
P: (317) 819-1181 *or* (800) LUNG-USA  
[www.lungin.org/](http://www.lungin.org/)

Services: General information on lung diseases and risk factors such as air quality, asthma, COPD, influenza, tobacco, and tuberculosis. More specific information about services and programs offered in Indiana.

**Asthma and Allergy Foundation of America**

1233 20th Street, NW  
Suite 402  
Washington, DC 20036  
P: (800) 7-ASTHMA  
Hotline Hours: Monday – Friday, 10AM - 3 PM, Eastern  
[www.aafa.org/](http://www.aafa.org/)

Services: Provides general information on asthma and allergies, certifies products as *asthma and allergy friendly*, ranks Asthma and Allergy Capitals of the U.S. and creates educational programs. Hotline helps patients and caregivers learn more about asthma and allergies.

**Environmental Protection Agency (EPA)**

U.S. EPA/Office of Radiation and Indoor Air  
Indoor Environments Division  
1200 Pennsylvania Avenue, NW  
Mail Code 6609J  
Washington, DC 20460  
P: (202) 343-9370  
[www.epa.gov/asthma/index.html](http://www.epa.gov/asthma/index.html)  
[www.noattacks.org](http://www.noattacks.org)

Services: Provides general information on asthma and indoor asthma triggers, as well as descriptions of EPA's community outreach programs. EPA has several resources and tools that can be downloaded including *Tools for Schools*, *Air Quality Index* and *Smoke-free Home Pledge Campaign*. Learn more about reducing indoor asthma triggers by visiting the No Attacks Web site.

**Global Initiative for Asthma (GINA)**

Contact available only through Web site.

[www.ginasthma.com/](http://www.ginasthma.com/)

Services: Provides general information on asthma, asthma guidelines for health care professionals and information about World Asthma Day (celebrated each year on the first Tuesday of May).

**Indiana Chronic Disease Management Program**

P.O. Box 1484

Indianapolis, IN 46206-1484

P: (866) 311-3101

[www.indianacdmprogram.com/Provider/asthma.htm](http://www.indianacdmprogram.com/Provider/asthma.htm)

Services: Patient-education materials on asthma management, medicines, triggers, and school issues.

**Indiana State Department of Health Asthma Program**

2 N. Meridian St., 6B

Indianapolis, IN 46204

P: (317) 233-7299

[www.asthma.in.gov](http://www.asthma.in.gov)

Services: Provides general information, state asthma publications, asthma data and statistics, educational materials, and services for controlling asthma in Indiana. Note: The ISDH Asthma Program cannot answer individual questions relating to the diagnosis or treatment of asthma.

**National Heart, Lung, and Blood Institute**

NHLBI Health Information Center

Attention: Web Site

P.O. Box 30105

Bethesda, MD 20824-0105

P: (301) 592-8573

[www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Asthma/Asthma_WhatIs.html)

Services: General information on asthma and tools such as *How Asthma-Friendly is Your School?* and *How Asthma-Friendly is Your Child Care Setting?*

**National Jewish Medical Center**

1400 Jackson Street

Denver, CO 80206

P: (303) 388-4461

[www.njc.org/](http://www.njc.org/)

Services: Learn about asthma, its symptoms, medications, management, and the treatment programs available at the Center by visiting their web site.

\*\*\*For lung health questions, including asthma, call the LUNG LINE at 1-888-222-LUNG (5864) to speak with a registered respiratory nurse. Hours: Monday - Friday, 8AM - 4:30PM, Eastern. A message can be left anytime.

## **Toll Free Numbers for Asthma Questions**

### **Hotline from the Asthma and Allergy Foundation of America**

P: (800) 7-ASTHMA

Hotline Hours: Monday – Friday, 10AM - 3 PM, Eastern

Services: Helps patients and caregivers learn more about asthma and allergies.

### **Indiana Family Helpline from the Indiana State Department of Health**

P: (800) 433-0746

Hours: Monday – Friday, 7:30AM – 5:00PM, Eastern

Services: Connects individuals to local resources for various health issues and social services including prescription assistance, Medicaid, smoking cessation, etc.

### **Indiana Tobacco Quitline from Indiana Tobacco Prevention and Cessation**

P: (800) QUIT-NOW (800-784-8669)

Hours: Sunday – Saturday, 8AM - Midnight, Eastern

Services: Trained Quit Coaches provide tobacco users with customized quit plans. Services are also available for former smokers who need support to prevent relapse and friends and relatives who want to offer support to tobacco users during the quit process.

### **Lung HelpLine from the American Lung Association**

P: (800) 548-8252

Hours: Monday - Friday, 7AM - 7PM, Central

Services: Registered Nurses and Registered Respiratory Therapists answer your questions about asthma and other lung health issues.

### **Lung Line from the National Jewish Medical Center**

P: (888) 222-LUNG

Hours: Monday - Friday, 8AM - 4:30PM, Eastern, messages can be left at anytime

Services: Registered Respiratory Nurses answer your lung health questions.

**Physician Referral Line from the American Academy of Allergy Asthma & Immunology (AAAAI)**

P: (800) 822-2762

Hours: Monday - Friday, 8AM - 5PM, Central

Services: Links individuals to local allergists. Note: The AAAAI cannot answer individual questions relating to the diagnosis or treatment of allergies and asthma.

**Rx for Indiana/Partnership for Prescription Assistance**

P: (888) 4PPA-NOW (888-477-2669)

Hours: Sunday – Saturday, 10AM – 8PM, Eastern

Services: Provide assistance to those interested in and applying for prescription assistance programs to help pay for medicines.

## Local Asthma Programs and Resources

### **Allen County Asthma Coalition (ACAC)**

4321 Flagstaff Cove  
Fort Wayne, IN 46815  
P: (260) 415-9294

Services: Provides *Open Airways for Schools*, the *Breathe Well, Live Well* adult education program, assistance for Head Start programs and families, and attends health fairs and other community events.

### **Asthma Alliance of Indianapolis (AAI)**

Marion County Health Department  
3838 N. Rural Street  
Indianapolis, IN 46205  
P: (317) 221-2473  
[www.asthmaindy.org](http://www.asthmaindy.org)

Services: Provides asthma in-services for school and early child care staff, educational programs for parents, environmental assessments for homes and schools in Marion County and support for community events and policies regarding asthma.

### **Children's Special Health Care Services (CSHCS)**

2 North Meridian Street, 7B  
Indianapolis IN 46204  
P: (800) 475-1355  
[www.in.gov/isdh/19613.htm](http://www.in.gov/isdh/19613.htm)

Services: Supplemental insurance program that helps eligible families of children with serious, chronic medical conditions pay for treatment related to their child's condition.



**Consortium of Children's Asthma Camps**

490 Concordia Ave

St. Paul, MN 55103

P: (651) 227-8014

[www.asthmacamps.org](http://www.asthmacamps.org)

Services: Provides a list of asthma camps by state, including dates and contact information. Also provides asthma camp toolkit, health history forms, parent curriculum, and other resources.

**Camp Eeze-the-Wheeze**

Indiana University

2300 S. Washington St.

Kokomo, IN 46902

P: (765) 455-9308

Camp description: Day camp for 6 – 13 year olds. Additional camp information, dates and fees can be found using the contact information above or by visiting

[www.asthmacamps.org](http://www.asthmacamps.org).

**Happy Hollow Asthma Camp**

615 N. Alabama Street, Suite 228

Indianapolis, IN 46204

P: (317) 638-3849

[www.happyhollowcamp.net](http://www.happyhollowcamp.net)

Camp description: Overnight camp for 7 – 14 year olds. Additional camp information, dates and fees can be found using the contact information above or by visiting

[www.asthmacamps.org](http://www.asthmacamps.org).

**Not A Gonna Wheeze**

St. Mary's Hospital

1901 Lynch Road

Evansville, IN 47711

P: (812) 435-8279

Camp description: Day camp for elementary students. Additional camp information and dates can be found using the contact information above or by visiting

[www.asthmacamps.org](http://www.asthmacamps.org).

**Evansville-Vanderburgh School Corporation**

1 S.E. Ninth Street

Evansville, IN 47708

P: (812) 435-8453

[www.evsc.k12.in.us/](http://www.evsc.k12.in.us/) and click School Community Council

Services: Provide week-long day camp each summer for elementary students with asthma. Support *Power Breathers* program for middle and high school students.

**Indiana Joint Asthma Coalition [InJAC]**

2 N. Meridian St., 6B

Indianapolis, IN 46204

P: 317-819-1181 x221

[www.asthma.in.gov](http://www.asthma.in.gov)

Services: A voluntary group of people and organizations working to reduce the burden of asthma on the people living in Indiana. Implements programs through five workgroups: Data and Surveillance; Public Education; Children and Youth; Environmental Quality; and Health Care Providers.

**Indiana State Department of Health Asthma Program**

2 N. Meridian St., 6B

Indianapolis, IN 46204

P: (317) 233-7299

[www.asthma.in.gov](http://www.asthma.in.gov)

Services: Provides general information, state asthma publications, asthma data and statistics, educational materials, and services for controlling asthma in Indiana. Note: The ISDH Asthma Program cannot answer individual questions relating to the diagnosis or treatment of asthma.

**Partnership for a Healthier Johnson County – Asthma Coalition**

1125 W. Jefferson St., Suite V, P.O. Box 549

Franklin, IN 46131

P: (317) 346-3733

[www.partnershipjc.org/](http://www.partnershipjc.org/)

Services: Provide presentations and educational sessions to local schools and adult groups. Also maintain asthma-related supplies and educational materials to distribute to community members and groups.

**Stay Active in Life from Riley Hospital for Children**

702 Barnhill Dr.

Indianapolis, IN 46202

P: (317) 274-7208

<http://rileychildrenshospital.com/sail>

Services: Program for children addressing nutrition, physical activity, asthma education and being yourself.

**Support Groups – Better Breathers from the ALA**

[www.lungin.org](http://www.lungin.org) (Click Programs, then Better Breathers Clubs)

Services: Support group for adults with asthma or other chronic respiratory illnesses. Sessions are usually held at a local hospital (full list of locations and phone numbers is available on the Web site).

## Environmental Components of Asthma

### **Breatheasyville**

2 N. Meridian St., 6B  
Indianapolis, IN 46204  
P: (317) 233-7299  
[www.asthma.in.gov](http://www.asthma.in.gov)

Services: Web-based tool for parents, child care providers, and schools to help people identify and reduce environmental asthma triggers at schools, daycares, homes, and outdoor environments.

### **Environmental Protection Agency (EPA)**

U.S. EPA/Office of Radiation and Indoor Air  
Indoor Environments Division  
1200 Pennsylvania Avenue, NW  
Mail Code 6609J  
Washington, DC 20460  
P: (202) 343-9370  
[www.epa.gov/asthma/index.html](http://www.epa.gov/asthma/index.html)  
[www.noattacks.org](http://www.noattacks.org)

Services: Provides general information on asthma and indoor asthma triggers, as well as descriptions of EPA's community outreach programs. EPA has several resources and tools that can be downloaded including *Tools for Schools*, *Air Quality Index* and *Smoke-free Home Pledge Campaign*. Learn more about reducing indoor asthma triggers by visiting the No Attacks Web site.

### **Improving Kids Environment (IKE)**

1201 N. Central Avenue, #9  
Indianapolis, Indiana 46202  
P: (317) 902-3610  
[www.ikecoalition.org](http://www.ikecoalition.org)

Services: Work to improve children's health by reducing environmental threats. Support efforts to improve air quality, such as the *Smart Schools Don't Idle Program*, hold annual conference on healthy homes and have evaluated asthma awareness among Indiana builders and remodelers to facilitate asthma-friendly practices.

**Indiana Department of Environmental Management (IDEM)**

P: (800) 451-6027 (toll free within Indiana) (317) 232-8603

[www.in.gov/idem](http://www.in.gov/idem)

**Office of Air Quality (OAQ) (Compliance)**

100 N. Senate Ave.

Mail Code 61-53 IGCN 1003

Indianapolis, IN 46204-2251

Services: The Office of Air Quality (OAQ) protects the public health and the environment through the fulfillment of its responsibilities as set forth in the Environmental Acts. Programs that fulfill these responsibilities include: Air Quality Monitoring Data (i.e. Carbon Monoxide (CO), Ozone (O<sub>3</sub>), Particulate (PM<sub>2.5</sub>)), DieselWise, Eight-Hour Ozone, Fine Particulate Matter PM<sub>2.5</sub>, Local Air Agencies, and Smog Watch.

**Smog Watch** ([www.in.gov/apps/idem/smog](http://www.in.gov/apps/idem/smog)) provides an easy-to-read forecast of air quality in different regions of Indiana.

**Office of Pollution Prevention and Technical Assistance (OPPTA)**

100 N. Senate Ave.

Mail Code 64-00

Indianapolis, IN 46204-2251

Services: Assisting others in finding better ways to voluntarily prevent pollution and understand, achieve, and exceed environmental responsibilities through confidential technical assistance, education, and financial support. The Community Environmental Health & Education program is part of this office and manages the 5-Star Environmental Recognition Program for Child Care Facilities.

**Integrated Pest Management (IPM)**

IPM practices reduce or eliminate the food, water, living space and access used by pests to permanently rid a facility of pests.

[www.entm.purdue.edu/entomology/outreach/schoolipm](http://www.entm.purdue.edu/entomology/outreach/schoolipm) or <http://schoolipm.iflas.ufl.edu>

Services: General information on IPM, regulations and policies for schools and child care facilities, training opportunities, and additional resources.

**Knozone**

Department of Public Works, Knozone

City-County Building, Suite 2460

200 E. Washington St.

Indianapolis, IN 46204

P: (317) 327-4000

[www.knozone.com](http://www.knozone.com)

Services: Air quality forecasts for Indianapolis area and information about the health effects of ozone and fine particles.

## **Asthma Activities for Children**

### **AIRNOW from the EPA**

U.S. EPA  
Office of Air Quality Planning and Standards (OAQPS)  
Information Transfer Group  
Mail Code E143-03  
Research Triangle Park, NC 27711  
[www.airnow.gov/index.cfm?action=aqikids\\_new.main](http://www.airnow.gov/index.cfm?action=aqikids_new.main)

Services: Online games about outdoor air quality for kids ages 5-6 and 7-10.

### **Asthma Memory Game from Riley Asthma Care Center**

702 Barnhill Dr.  
Indianapolis, IN 46202  
P: (317) 274-7208  
[http://rileychildrenshospital.com/games/memory\\_asthma/asthma\\_game.html](http://rileychildrenshospital.com/games/memory_asthma/asthma_game.html)

Services: Match electronic cards with asthma triggers and other asthma-related pictures and answer trivia questions about asthma.

### **Asthma Wizard™ from the National Jewish Medical Center**

1400 Jackson Street  
Denver, CO 80206  
P: (303) 388-4461  
[www.njc.org/disease-info/diseases/asthma/kids/wizard/wiz-index.aspx](http://www.njc.org/disease-info/diseases/asthma/kids/wizard/wiz-index.aspx)

Services: The Asthma Wizard guides kids through various chapters to learn about asthma and complete asthma activities.

### **Dusty's Asthma Funbook from the EPA**

U.S. EPA/Office of Radiation and Indoor Air  
Indoor Environments Division  
1200 Pennsylvania Avenue, NW  
Mail Code 6609J  
Washington, DC 20460  
P: (202) 343-9370  
[www.epa.gov/asthma/publications.html#Dusty](http://www.epa.gov/asthma/publications.html#Dusty)

Services: Printable pdfs featuring mazes, word searches, coloring activities, etc. to learn about asthma triggers. Available in English and Spanish.

**Games and Puzzles from the AANMA**

2751 Prosperity Ave., Suite 150

Fairfax, VA 22031

P: (800) 878-4403

[www.breatherville.org/playtime/pt\\_wordjumble.htm](http://www.breatherville.org/playtime/pt_wordjumble.htm)

Services: Asthma themed maze, word jumbles, and word search.

**Just for Kids from the AAAAI**

555 East Wells Street

Suite 1100

Milwaukee, WI 53202-3823

P: (414) 272-6071

[www.aaaai.org/patients/just4kids/default.stm](http://www.aaaai.org/patients/just4kids/default.stm)

Services: Word searches, mazes, ideas for school projects, and information on AAAAI's poster contest for young people.

**Kid's Health**

Contact only available through Web site.

[www.kidshealth.org](http://www.kidshealth.org)

Services: Resources for parents, kids, and teens including movies, personal stories and informative articles on asthma.

**Starlight Starbright Children's Foundation and *Quest for the Code* Asthma Game**

5757 Wilshire Blvd., Suite M100

Los Angeles, CA 90036

P: (310) 479-1212

[www.starlight.org](http://www.starlight.org) or <http://asthma.starlightprograms.org>

Services: *Quest for the Code* is an online asthma game for 7-15 year olds voiced by celebrities such as Cuba Gooding, Jr. and Shaquille O'Neal. The Starlight Web site also hosts an online network for young people with chronic conditions and their siblings to connect with others.



## Health Insurance

### **Children's Special Health Care Services (CSHCS)**

2 North Meridian Street, 7B

Indianapolis IN 46204

P: (800) 475-1355

[www.in.gov/isdh/19613.htm](http://www.in.gov/isdh/19613.htm)

Services: Supplemental insurance program that helps eligible families of children with serious, chronic medical conditions pay for treatment related to their child's condition.

### **Indiana Medicaid/Hoosier Healthwise**

Indiana Family & Social Services Administration

402 W. Washington St.

Indianapolis, IN 46268

P: (800) 889-9949

[www.in.gov/fssa/ompp/2848.htm](http://www.in.gov/fssa/ompp/2848.htm)

Services: Health insurance program for Indiana children, pregnant women and low-income families.

### **Hoosier Healthwise Active Health Plans:**

#### **Anthem Blue Cross Blue Shield**

120 Monument Circle

Indianapolis, IN 46204

P: (866) 408-6131 (Customer Care Center)

Customer Care Center Hours: Monday – Friday, 7AM – 7PM, Eastern

[www.anthem.com/wps/portal/ahpmember?content\\_path=member/in/f3/s0/t0/pw\\_ad084720.htm&label=State%20Sponsored%20Plans&state=in&rootLevel=0](http://www.anthem.com/wps/portal/ahpmember?content_path=member/in/f3/s0/t0/pw_ad084720.htm&label=State%20Sponsored%20Plans&state=in&rootLevel=0) or

[www.anthem.com](http://www.anthem.com) and select Indiana, then State Sponsored Plans

#### **Managed Health Services**

1099 N. Meridian Street Suite 400

Indianapolis, IN 46204

P: (877) MHS-4U4U (877-647-4848)

Help line Hours: Monday – Friday, 8AM – 6PM, Eastern

[www.managedhealthservices.com/portal/public/mhs\\_in/](http://www.managedhealthservices.com/portal/public/mhs_in/) and click Members

#### **MDWise**

P.O. Box 441423

Indianapolis, IN 46244-1423

P: (800) 356-1204 or (317) 630-2831

Customer Service Line Hours: 24 hours a day, 7 days a week

[www.mdwise.org/members/](http://www.mdwise.org/members/)

**Healthy Indiana Plan (H.I.P.)**

Indiana Family and Social Services Administration

402 W. Washington Street P.O. Box 7083

Indianapolis, IN 46207-7083

P: (877) GET-HIP-9

Hours: Monday – Friday, 8AM – 7PM, Eastern

Saturday, 8AM – 1PM, Eastern

[www.hip.in.gov](http://www.hip.in.gov)

Services: State-sponsored health plan for uninsured low-income Hoosiers between the ages of 19 and 64.

## **Asthma Care Providers**

### **Indiana Health Connect**

Indiana University School of Medicine Library

975 W. Walnut IB 100

Indianapolis, IN 46202

P: (317) 274-7182

<http://0-apps.nlm.nih.gov/catalog/llu.edu/medlineplus/local/indiana/homepage.cfm?areaid=13>

Services: Identify asthma providers in your community.

### **Indiana Hospital Directory**

<http://www.in.gov/isdh/reports/QAMIS/acc/hospital/index.htm>

Services: Searchable Web site (by city and county) with addresses and contact information for all hospitals in Indiana.

### **Local Health Departments in Indiana**

[www.in.gov/isdh/23926.htm](http://www.in.gov/isdh/23926.htm)

Services: Contact information for all local health departments in Indiana.